

# Quo Vadis? – NACQ, the Odyssey of Knowledge

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## Abstract

The work is written using the NACQ method, which the author, Nikša Eterović, uses, examines and builds on in prevention and therapy, educational processes, during resocialization, when accepting refugees, as an incentive for innovative processes when working with individuals, such as life coaching, teaching at the university and as a social game during private gatherings. *How do responses formed as questions change social consciousness?, How can you speak to the picture of your own fear?, When do questions become answers?,* are just some of the questions in the necklace of answers created with questions in this text that present a method of psycho-social therapy.

**Keywords:** NACQ, psycho-social therapy, knowledge process.

## 1. Introduction

Relying on many years of practice, the text primarily brings out the benefits that the NACQ (Necklace of Answers Created with Questions) creates during group work. This stimulus for cognitive processes and the raising of awareness of the world inside oneself and around oneself opens up some of the usually closed spaces of communication. Understanding the functions of the brain, its parts, which is primarily delivered by neuropsychology with its rapid development in the last twenty years, confirms the idea that an individual acts as his brain dictates: “Every individual = his brain!”

Of course, the development of man can be observed from various perspectives and it is difficult to comprehend as a whole. By striving towards the impossible – the whole, we are always touching the possible – cracks of the whole. Every topic we deal with is some kind of gap in which we turn the light on. The light always illuminates what it wants the dark to reveal. And by tapping from one crack to another, we create individuation.

Haven’t you ever wondered about the importance of some dates in your life? Hiding from the rain and flooded streets, I began the planned work on this text in a cafe. When I realized that I wrote the first sentence on September 11<sup>th</sup>, the first association led me to the year 2001. Why?

How many times have you been upset due to the activities/influence of a person with power? Have you tried to question some of these activities? Have you ever wondered about the relationship between the decision and his creator?

Man is born into the world that he created himself! The thought is attributed to Buddha. Why did I stop at that thought? What areas of unconscious awareness and wakefulness awaken here? What areas are we talking about? What are the dimensions of the influence of its smell and taste? Creative techniques encourage creation. A possible world was created. An objectified creation is our own work. Man is empowered and happy when he senses the power of his own creations and sees the results before his own eyes.

When someone thinks, “the ship has sunk”, it is healing to encourage him to think about that area of sinking. You can then notice the details that seem to define the meaning of sinking and awaken the instinct for life. Observing details is the possible beginning of creating a new individuation.

To say to your fear – I’m afraid of you! Get its name out! To dance with your fear! To portray it! Not to turn your back against it! Not to suppress it! Not to hide it from others! But instead to look fear straight in the eyes – find out his characteristics.

To see your own fear using its senses – change the perspective of the experience. What are the touch-points of the characteristics of our fear with our own? Are there any differences? What are the differences? How does our fear perceive us?

There are various perspectives that can be used to look at the development of man: how he builds his relationships, his social network, or how his organs are developed, what game is hormones play, his skin structure, how he perceives the world around him, what language he speaks, which languages he understands, his agility, what things he has experienced, how fast does he react in certain situations, how he smells, etc. In all these processes, the brain of the individual is curiously active and creating its own individuation or personality.

NACQ opens up the possibility of resolving conflicting situations, helps with the orientation of life and decision-making, awakens a dialogue with oneself, and stimulates creativity. It creates! Creating a group of provocations is something that awakens all of our potentials. The scream of emotions is inevitable. The unpredictability of emotions and their connection to the realization of tasks conceal many secrets, which shouldn't always be verbalized. Answer the question asked by asking a question. Answer that question with a new question. And so on, noting when the answers – questions surprise us. Maybe within these questions lies the question of how to skip the unwanted condition. Creation in mutual relationships, whatever the topic may be, is what this method has to offer.

The Forced Entertainment theater group from Sheffield, Great Britain, directed by Tim Etchells, set the scene for Quisol, at the end of the nineties during the last century.

There were a number of existential issues in the performance template and viewers were put in the situation where they had to respond to them. The questions were general so only the response of each individual viewer shed some light of intimacy and personality of the one responding. This off-production performance raised the issue of intimacy that can be achieved through theatrical performances. Through all the postmodern theater works, this reminded us of the essential question of how the scene communicates with the audience, that is, an acting creation with the spectator's perception.

In 2000, I achieved the premiere achievement of ? – *ein szenisches Fragen für drei Schauspieler*. The three creators that presented the work, Katrin Trostmann, Heike Splettstoser and Jens Winter, were of particular importance for my directorial and research theater work of the project, *Wind Spiel Theatar Berlin*, in Berlin. I wanted to know how far I could go looking for a performance created only by questions, suppressed questions, the questions that the actor asks himself while creating the play. By giving out themes for improvisation, I encouraged a two-way creation. Using motion, voices, action and reaction, the actors created what was required. During the creation process, I would stop and ask them to write down the thoughts that were running

through their heads at that time. Entering into a very unusual process of creating a role, we came to the moment when we began to express our thoughts and experiences in question form. And it was at that time that an unknown space opened up to all of us who were working on the show. The process of creation suddenly awakened curiosity, the curiosity of whether or not we can “survive” in the unknown. The next step was to choose what we would show the audience from the massive material generated during rehearsals. We reluctantly, but skillfully, but our own uncertainties together and sorted the scene question. During the last stage of rehearsals, a new challenge appeared – the rhythm of the play! The rhythm that would be the life of the scene question; the rhythm that allows compactness of performance; additionally, the rhythm that would allow for fuller perception of the viewer. It was stage work that was completely different from what the viewer was accustomed to watching at the theater. The new experience for us was also the inability to alternate when someone could not play in the show. When an actor left the ensemble because he had to move, we couldn’t successfully replace him in this “time cascade of possible life”, so we ended up giving up on any further playing. It was a special force of intimacy in the process and result of the four of us. It was impossible to replace any of the three of them on the scene. It wasn’t possible to do something that is usually everyday life in the theatrical world – to engage alteration.

In the half-open chest of human secrets until today, new discoveries of neuropsychology have helped me, along with genetics and other medical, artistic and philosophical discoveries. After all of the new research and discoveries, it is necessary to look at an individual completely different than would have during the last century. Is it not an unfortunate strategy of those who are so insecure that they would rather keep the old? A pre-lost battle for all those who want a single nation state, a religion, prescribed customs, “my ground, my blood, my ancestors”, isn’t it? There is bleeding, “poetic wounds” are present everywhere; a new phenomenon is created which causes fear and warlike reactions in people.

*Stop violence!* I express no tolerance for any kind of violence, discrimination, single-mindedness, intolerance, nationalism, imposing worldviews (...) on any personal and/or social levels! Editing relations in the micro and macro environment cannot mean that someone is excluded from that space, time, or action! *Man = his brain! People = a multitude of different brains! Society = a group of individuals! Every individual has the right to realize his/her own individuality! Creation of individuality as a basic principle!* I have put forth a number of my exclamations in this text on the technique of answering questions with questions. When will the social, political and religious manipulation of people be abandoned based on tribal starting points? When do questions become answers?

## 2. How does NACQ function? NACQ preview

### 1.

**11.09.2001. – 11.09.2017.<sup>1</sup>**

Didn’t it happen on September 11, 2001? Was it an event? Wasn’t it a creation? Does the loss of hope create violence? Against the twins? On Tuesday at 8.46 a.m. at the North Tower? During the clear morning at 9.03 at the South Tower? On top of the World Trade Center? Are these twins a symbol of power? Trade = business – a symbol of power? Didn’t President George Walker Bush announce to the nation that there was an intense pursuit for the perpetrators at

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<sup>1</sup> Time discourse; I wrote the first sentences of this text on Monday, September 11, 2017, in Zadar in a café, because due to the floods I wasn’t able to get out on the street; this experience automatically took me back to September 11<sup>th</sup>, 2001; this is how the time discourse emerged, the time range between the same two dates that are divided by sixteen years; how many different events changed during that time range?

eight thirty p.m.? Didn't the war in Afghanistan start afterwards? Why is that date carved in the memory of so many people?

What did I dream of that night in Berlin?

Who was in power in Croatia on that September of 2001? What government had a series of trying to hold on to their mandate? Do you read the newspapers?

Did the cyclone Gracija visit Zadar? Did a creation of nature take place on Monday? Was Zadar on top of the world, due to the flooding, that day? What was lost here that nature decided to create on September 11, 2017? Gracija's choreography of dancing rain? Storm? Waterfall? Severe weather? Flood? Submerging?

Which dream did I wake up from in Zadar?

Quo vadis?

Does it have anything to do with the nuclear testing? Is President Trump threatening North Korea with fire and anger? Is this an unseen creation of Donald Trump - Kim Jong-un? Can we name this creation, out of affection and to simplify it, The World Kim-Don-Center?

Weren't more sanctions against North Korea announced today? On this September 11th?

Who is in power in Croatia during September 2017? What government has a series of trying to hold on to their mandate? Using what kind of political or other creations?

Do you still read the newspapers? Why is there a question in the title of the article? Does loss of hope create violence?<sup>2</sup>

I started writing this text on the eleventh day of September, this Monday, in the year 2017, didn't I?

Quo vadis?

## 2.

**Man is born into the world that he created himself!<sup>3</sup>**

What kind of world were my children born into?

Should the newborns be the ones to fix it?

Couldn't we compare our world to rotten teeth? It hurts when it bites? Or when it's bitten into? Aren't rotten teeth the world? Is a smile sour when it hurts? Or does a smile conceal pain? Does it take a bite into the world? Or does it get bitten in the world?

How does Dalmatia live in all of this? Are they hiding sorrow under the surface of Cinco the marine (from the joke), operetta, bel canto and other puns? Isn't there an a capella group already processing *neka tebi kamen bude stina/pizda ti materina* (let the stone be your rock/you cock?) Dalmatian humor?

Doesn't a newborn cry when he is born? He poops also, doesn't he?

Does something need to be demolished in order for personal space to be created? Demolish or change?

For yourself? Oneself? Myself? What are generations up to? Demolishing? Building? Upgrading? Composing? Restructuring?

Didn't a lot of people from my generation want a weekend house? Don't a lot of people today wish they had an apartment?

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<sup>2</sup> "AUFGEGEBENE HOFFNUNG KREIRT GEWALT!" [Loss of hope creates violence] - Joseph Beuys.

<sup>3</sup> Attributed to Buddha.

What would grandma and grandpa say about this? Hasn't tourism in Dalmatia been built on inheritance? Will it endure? At least until the first rain?

How do you wash the blood and create a world out of trauma?

How can you understand what was written for an art competition in primary school: *so by participation (...) students will honestly and full heartedly cultivate the patriotic and historical acquisitions of their ancestors?*

Didn't my ancestors live in four countries? What acquisitions are we talking about? Don't the grandparents of my children live or didn't they live in different countries whose boundaries and names have been changed two or three times? What acquisitions are we talking about? What patriotism?

Aren't sentences that end with a period walls of communication?

A period is the loudest, no? Aren't sentences with exclamation marks similar?

Do too many people live in this world? Should they be killed?

In the name of what patriotism? What religion? Who is a surplus? Where do the ones that were killed go?

Do corpses surround the world?

Are there any generations who were able to live in this world, their whole life, without heads being severed?

How many times have they changed the name of my street? Are those results of the war? How many worlds are in one world?

What kind of world was the first man born into? Does ignorance call for belief?

Can fire heat the sea? Is it raining again in Dalmatia? Does the rain rinse? Or does it drown?

What will be the consequences of this European Union bathroom or whoever?

Do you pity the tourists? Aren't they straws in these floods?

Nonsense is the strongest force, said Krleža, right?

### 3.

#### **Is it possible to influence the sequence of events in our own lives?**

Why are you asking me first? Isn't the choice of the first interlocutor in a dialogue a coincidence? Can I be sure that it is a coincidence? Are you not sitting diagonally facing me? Is that so? Do I happily use the diagonal blade in our work? What did you ask me? Is it possible to influence the sequence of events in our own lives? Do I have enough strength for that? When did the illness break out? Do I know this? When did you seek medical help? Have five, six years passed from then? When did you become overwhelmed? Wasn't that when my mother was dying in my arms? You are confusing me? Why? Isn't your mom alive? Luckily, she recovered – she answers instinctively, and then I ask her to formulate that "answer" into a question. How did she recover? How old were you then? Not even fifteen, if I'm not mistaken?

And did anyone treat that experience in the therapeutic process? Why did I withhold that detail? Yes, why? Am I guilty for my own illness? ....

Is it your own fault that you got sick? What do you mean? When did you get sick? Do you mean when did I get diagnosed? Can you remember when you couldn't deal with yourself anymore? Was it not in the last year of your specialization? There were three exams left? What should I do with that? Can you imagine passing them? I can, but what for? Can you imagine how you would feel if you passed those last three exams? Oh God, that would be so nice? Shall we first go this way then? Do you believe that I am capable of that? Do you believe you are capable of it? Why not? Why not? Can I follow you on that journey? Hahaha!

Can I follow you on that journey? What journey? Can you show me the right direction?

Do I know the right direction? Do you know the right direction? What should I come up with? Is everything that we are a result of the things we thought?<sup>4</sup> What do you think about that? Why did you pick that sentence for me? ..... By choosing that specific sentence did I get too close to you? Maybe? What does your fear look like? Oh God, what does my fear look like? ....

Does it bother you when someone comes close to you? When was the last time someone came close to me? Do you allow it? ...

.....

Do you think you live? Do you live or think? .... How do you feel your body? Is your head also a part of your body?

#### 4.

**Discussion on the Creation of the World<sup>5</sup>  
- dialogue with text - /Reading Jinasena: Mahapurana**

**“Ignorant people claim that the Creator created the world – If God created the world, where was he before the creation?”**

Questioner: Is the Creator also ignorant? Can ignorant people create?

**“You say that he was overpowering at the time and in no way supported, where is he now? There are no beings skillful enough to create this world – because how can an immaterial God create something that is material”.**

Questioner: Do I need to know the answer? Can creation be understood?

Isn't every man the creator of his own life? Isn't everyone's life a stimulus for creation? Perhaps creation is a primary need?

Isn't creation one of the senses?

I imagine him as a slipper that collects and coats? Or somewhat different?

Do I have a strong need for visualization? Isn't visualization provoked by looking?

Does the Creator need eyes?

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**“If God created the world through the act of will, without any other material, then the world is just his will and nothing more. Ah, who would believe such nonsense? If he is perfect and complete, how did he then get the will to create?”**

Questioner: Am I afraid of the perfect? How do the “complete” function?

Is there even such a thing?

Why the aspiration to be perfect? Is that not an exercise of violence against oneself? And against other humans?

Perfection of what? Nothing? Who? No one?

Hasn't the beauty of wholeness cracked? Isn't chaos a natural condition?

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<sup>4</sup> A question from my book *Koliko je stvarna stvarnost? Dramaturgija biografije* [How real is reality? A dramaturgy of biography]; responses to the question were asked in a group of eight people in a therapeutic process that I led by using creative methods (the length of this conundrum is 45 minutes, here are the answers to the choices).

<sup>5</sup> *Reading Jinasena: Mahapurana*, 4, 16-50, in the rendition by Vesna Krmpotić. She informed us that “Mahapurana is a poem by the Jain author; Jainism basically encourages the existence of God or some supreme intelligence that manages the universe, but, on the other hand, it does not deny the existence of superhuman beings, the savior”.

Aren't furrows the meaning for land fertility?

Isn't God the – the character of Creation from some story? Aren't stories inspired by fantasy?

Can we do without stories? How do stories affect us? How do stories shape our view of the world?

Aren't stories creators?

Is the beginning of the world a story?

Who was the first to tell the story?

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## **5.**

### **Why leave? Where to go? How to leave?<sup>6</sup>**

Is it better out there?

Does that mean we are inside? Is being inside – suffocating? Is it harder to breathe?

Has everything fallen apart in my country?

What are characteristics of a country in order to make it an adjective – mine?

Where does that feeling of hopelessness come from?

Do you want to leave out of necessity or curiosity?

....

Can a country belong to someone?

Why do I feel like I don't fit in here?

Can I go just anywhere?

Interrupt my studies?

Who can assume this country to be theirs?

Run away from family?

This is not a country of its inhabitants, right?

I don't know, maybe the question is – is this country for its inhabitants?

.....

Who are they: Mine? Yours? Ours? Theirs?

Why am I running from here at such a young age?

Do I want to stay and be a burden to others and myself? Like my parents?

God, what does it mean to be a parent? Why do I want to leave them?

What am I looking for?

Will there be more professionalism and humanity somewhere else? Do I think I will succeed more over there?

What if I don't succeed?

What would be your own personal success?

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<sup>6</sup> Quote/choice answers with questions from work – life coaching with a twenty-one year old female who wants to leave Croatia.

Maybe just to feel that I belong/fit in somewhere?

Do you need a connection to achieve that success?

Who even supports me anyway?

.....

Is there a right or wrong way to go? Can you wander off? Is the first place you settle the right choice?

How do you choose a goal?

Is it possible to move from one country to another?

What documents do I need? Do people go directly towards their goal? Are there obtrusive obstacles?

Why do I want to try in England? Can England be the exit?

Maybe I should go to Zagreb first and stay there for some time?

And then from Zagreb to another country?

Is it easier for me because I know not many people will be sad that I left? Should some kind of college education be finished first?

Didn't you plan on finishing college where you will end up going?

Are you ready and capable of leaving? How do I get ready? Should I first perfect my knowledge in a foreign language?

What if in “your country” they don't speak any of the languages that you understand?

Can I act in another language?

Is acting your only choice? Is acting the only thing that promises you a good feeling of individuality? Satisfaction? Happiness?

How long and what should I do in order to save enough money to leave?

Are our people that live abroad willing to help?

Do our people help here? Why would our people help our people somewhere?

How would you explain the term “our people”?

Is that an emotional or geographical determinant?

How can I make money in order to leave?

How long will the preparations last?

What are you scared of? Can you draw your fear?

Can you prepare the role of Fear for the entrance exam to the Academy of London?

Who wrote that role? Where can I find the text?

Aren't you the author of it?

## 6.

### **How can we reach the future?<sup>7</sup>**

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<sup>7</sup> The technique of answering questions in combination with a pencil shading technique, at the same time and in intervals/shading when asked and during silence – I used this when working with a group of addicts. Here I display “acupuncture with questions” writing the selection of answers in question form.

Do you live in your past? Why are you talking about the future? **How many times have your reactions been the same as they were the day before?** The same as they were two days ago? How can you free yourself from the past? Is that possible?

If we react to a situation consciously and deliberately, contrary to the way we did the day before; did we not open space for change?

**Fostering change is a step towards the future, isn't it?**

How did you react to the same situation yesterday? **You didn't react?** How did you feel? You waited for the others to do something, right?

**When someone "breaks the ice" you join him, did I guess correctly?**

What is paralyzing you? They are habits, aren't they? Ninety percent of the same thoughts pass through your head every day, don't they? Do you always get up on the same foot? Do you complete your normal morning hygiene routine in the same sequence every day? Do you drink from the same mug? Is your breakfast today almost identical to the breakfast you had yesterday? Do you always travel the same path when going somewhere that you go to on a daily basis? Do you eat when you feel hungry or have you incorporated similar meals according to the rhythm of your day? What time do you go to bed from day to day? When do you eat your last meal of the day? When do you carry out your sexual urges? Do you ignore them? Do you skip over them?

**Do we live the majority of our life controlled by autopilot? Do we always think the same thoughts? Therefore, aren't our decisions also similar?**

What can we do against these same thoughts? How can we abandon these same thoughts? How can we resist the same reactions and actions we use? How can we avoid experiences that repeat themselves? How can we deal with always having the same feelings?

**Isn't it possible to unconsciously and automatically be aware of something and reject it?**

"Impossible!" - someone yells out.

Is the impossible possible? **How can something impossible be made possible?**

Move your shaded paper by one place; now take a look at the paper that is in front of you. **How can we intervene in the shaded part?**

.....

**NEEDLE:**

**How many times have your reactions been the same as they were the day before?**

**Fostering change is a step towards the future, isn't it?**

**You didn't react?**

**When someone "breaks the ice" you join him, did I guess correctly?**

**Do we live the majority of our life controlled by autopilot? Do we always think the same thoughts? Therefore, aren't our decisions also similar?**

**Isn't it possible to unconsciously and automatically be aware of something and reject it?**

**How can something impossible be made possible?**

**How can we intervene in the shaded part?**

7.

**How do responses given in question form change social consciousness?**

Do we come up with an answer by responding with questions?

Does the technique – NECKLACE OF ANSWERS CREATED WITH QUESTIONS – develop attention?

Have I explained this mode of operation so that everyone understands it?

What are the characteristics of a necklace? What materials can be used to make a necklace? Are necklaces used as a decoration only? Does your loyal dog wear a necklace or a chain? Is loyalty obedience?

What kind of response is created with question materials?

Do questions bring answers to questions?

Answers are questionable, aren't they?

Answers are a synonym of misapprehension, aren't they?

Answers are a time-out before a bunch of questions, aren't they?

By looking for an answer to a social phenomenon, are we personally activating its realization?

How do questions activate us?

By missing the statement sentence, will I get the space for a question?

Do questions open perspectives? What spaces are used when we try to formulate an answer as a question?

Why do I believe that questions should arise when politicians give speeches on topics that are important to us?

Can you imagine UN meetings, when presenting a conflict and searching for military support and sanctions, being held exclusively so that each speaker is obliged to speak about the subject using the Necklace technique, responding with questions.

Is it possible to implement the Necklace technique (responding with questions) to the dialogue between Donald Trump and Kim Jong Um?

Did various rulers learn how to correctly ask a question when they were still in school?

The present rulers were absent due to illness that day, weren't they?

Aren't those same individuals sick today due to the lack of questions that they can be asking themselves?

## 8.

### **Fictional dialogue between Donald Trump and Kim Jong Um or how little boys play war; the argument is oriented around the public threats made by both statesmen**

You senile man, do you even know everything you barked about at the UN?

Do I hear moaning? Is that the "man rocket"?

Are you aware of the fact that you offended my people?

Little boy, why are you rushing into suicide?

Do you hear the world laughing, you cheater – gangster?

Do you actually think that we won't completely destroy you? Why are you provoking me?

Is that the scared dog barking even louder?

Do you know that the bomb is ready?

Does this mentally ill old geezer know how my people and I will react to the insults?

How will you squeal when we close your tap even more?

Whose people are they? Where do leaders come from? Do the people have the leaders they deserve? Are the leaders' choices a web of (un)fortunate circumstances? Is this not an insurmountable preconception of the past? Will a new war bring us to the future? Do the people need leaders?

I'm going to burn you with fire, you know that?

How about we delete you from the face of the earth, you want that?

Are statements made by the speaker a product of his character? How close are the leaders' statements to what the people actually wish for?

Do I want to show him my fear?

Why do my fears tear me apart?

What will my people say?

What will the world say?

Does it make sense to keep so many inactive weapons? Who will shoot first? Is the person who shoots first the first to blame for starting a new war?

Is the world preparing for a new war?

What will the world say when it is gone?

How would it be if the kindergarten teachers sent the bad kids to the corner and called their parents?

Can I send them to the corner before a lot of us die?

## 9.

**How to talk to an image of your own fear?**

**That would be a conversation with your fear, wouldn't it?**<sup>8</sup>

*Self-portrayal of fear painted by the hand of a girl who fears the same*



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<sup>8</sup> Life-coaching, the end of the first cycle of five meetings devoted to discovering and focusing on issues that threaten free and creative thinking and action.

Was I ever good? What does it mean to be good? Be good, what does that mean? Does that mean you're sure of yourself? Does that mean having security in yourself?

When did I stop being me, with all my strength? What drains my strength?

Who are these leeches? Is it human evil that has scared me? Does this mean I'm a child? Did I get scared when they evilly told me that I am one of the best? Is this why I wanted to be worse?

Do I pity people? Am I a person? Can I pity myself? Does pitying the ones around me help me?

Does fear come as a result of long-term criticism?

Does man kill all that is good in him?

Do you become what they call you?

What was your nickname?

Who do you become if your own father called you garbage? Was he thinking about the content or the form? What kind of garbage is your father? What do we have against garbage? Is garbage a name or a feature? Am I garbage?

What kind of names are these? Did such situations bring me to the point that I am scared to be good in what I do? Who punishes you? Do people spoil like yogurt does? Isn't yogurt a condition of milk? Am I afraid of that? Is that important? How do I face him now? How can I hang out with him now? Did I wish to never be insulted again?

How important is it to me not to become an object of jealousy? How important is it to me not to become a jealous object? How important it is to me not to feel like an object?

Why do thoughts take over that make me think nothing will ever be good? Can anything good even happen with these kinds of thoughts? Nevertheless, does something good happen?

What is good?

What is bad?

Does some kind of other measurement exist?

What's your name?

Are you simply MY FEAR?

What name should I find for you?

## 10.

### **What hides behind words?**

*The poem "Metamorphosis" by Slavko Mihalić under an x-ray of questions is one of the preventive-therapeutic offers in the struggle with depression.*

Where should I start?

### ***Htio bih znati otkuda***

Am I not anywhere? Where is nowhere?

### ***da sada sam sebi zaudaram***

Does poking your nose where it doesn't belong mean to smell intensively?

### ***ogavnim bićima koja pužu po dnu, tako***

Should you hold your nose before smelling yourself?

### ***i otrovnog; i ne govorimo o tim***

Is this not my filling of emptiness?

**Nekog drugog jezera, tamnog prije svega, zatim**

Can I get going?

**Idem ulicama spuštene glave poput**

Like what am I?

**Po dnu. Meni se smućuje.**

Does anyone see that?

**Razbacuje pijesak i neke sitne čestice prilegle**

Am I already sleeping?

**vodu u jezeru, ona**

Am I the smelly stagnant water?

**I tako, govoreći o praznini, pomicem**

Am I breathing?

**Bezimen. Čak me pomalo nema.**

Why am I so heavy for myself?

**taji netko ime, a ja sam danas**

Who am I today?

**Podvodnog raslinstva koje barem**

Am I a root without vegetation?

**Ali bez školjaka, rakova, bez**

Am I a sea of emptiness?

**možete vidjeti dno, ali bez riba.**

Isn't that the bottom of a fish fossil?

**da se pretvaram u neko prozirno jezero, kome**

Isn't a transparent lake a dead lake?

**dolazi ova praznina tako**

Does this emptiness stay with me?

**Htio bih znati odakle**

---

**Methamorphosis**

(Translated by Bernard Johnson)

*I'd like to know from where  
comes this emptiness, changing me  
into a lake, transparent  
down to the depths, but with no fish.*

*No shells, no crabs  
nor water weed at least to hide  
a name, today I'm nameless  
A part of me not here.*

*Speaking of emptiness, I move  
water within the lake, it stirs*

***sand and fine grains up from  
the bottom, I feel sickened.***

***I walk the streets, head down, like  
some other lake, but mainly somber,  
and poisonous: we do not speak  
of those vile creatures crawling on the bottom, so  
my own foul stench pervades me.***

**11.**

**Can a man live on Earth illegally?**<sup>9</sup>

By legalizing refugees, are we pointing out that people are illegally present somewhere?

Where is somewhere?

Are only people illegal?

Can birds stay somewhere illegally?

Do the birds want to stay where the people stay illegally?

Does every person want his or her own part of the earth?

Is that where someone was born?

What's with the people that were born in an airplane or in some other means of transport?

Nations are just a sum of the individuals, aren't they?

Do people stay in one area only?

How many people would have moved somewhere if it wasn't necessary for them to move?

Who encourages people to move from the place where they were born?

Is relocation a reconstruction possibility?

How can we stop the illegal living of man on Earth?

Isn't the illegal man on Earth the violent offender who carries out violence?

Why don't people just fight if they don't get along with something?

Isn't boxing an excellent sport for this? Wrestling and some other sports are on the same track, aren't they?

Doesn't man fight with oneself?

Can a man live on Earth illegally?

What's it like to live an illegal life?

What's life like in a refugee camp?

What's life like when you're escaping from others?

What's life like when you're escaping from others?

**Can a man live on Earth illegally?**

When will we abolish this possibility?

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<sup>9</sup> NACQ dialogue with a group of people who care for refugees, choice answers.

(NACQ: NECKLACE OF ANSWERS CREATED WITH QUESTIONS, by N. Eterović)

**12.**

**Who are you though if you aren't afraid?**

*Life - coaching process*

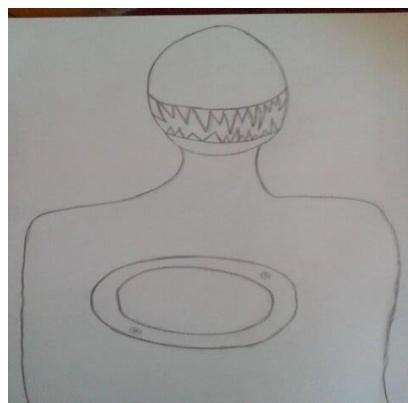


Figure 2.

Does fear define your personality?

Are you afraid while you paint your fear?

What if your fear gets mad at you because of the way you portrayed him?

Do you know that there are people who are forbidden to portray?

What are your intellectual abilities?

Who told you that the weak are weak?

Are these silhouettes of your self-portrait?

Why don't you learn facts of the facts?

Do facts even exist?

Aren't they there so that they can be questioned?

Are you doing that wrong?

Why does fear have teeth?

Does fear bite and does it eat people alive?

Is that cannibalism?

I fear the outcome not the process, don't I?

Am I present at this time?

Why am I even seeking the future?

Can I rely on myself?

Who am I?

How responsible are we?

Where are the desires of my fear?

What can we do together?

**13.**

**Do we approach the addressed topics more carefully when we use the NACQ technique in dialogue?**

How do conflicts arise?

Isn't the source of conflicts, in statements and positioning, when somebody doesn't want to give up?

Does that mean not giving up from a statement, opinion, or position – a firmness of character?

Is that perhaps just a weakness?

Can you believe that it is more frequent to abandon courage, to give up, then to blindly follow your own principles?

Isn't it of greater danger to hold a stubborn stance and to say that it has nothing to do with the subject? Does complete blindness often take over?

Isn't the escalation of conflict programmed for one's own position?

Does the one who threatens even have a reason for it?

Is someone stronger because he yells, gestures, threatens?

Is someone stronger because he manages the arsenal of destructive weapons?

Aren't many powerful people miserable, scared and unhappy?

Aren't the fears of those people dancing a dangerous dance, so that they can threaten us?

Are they also seeking the answers with the necklace of questions?

What kind of results will they come up with?

When did I use this method for the first time?

It was during the fall of 2005 when I was dealing with a complex conflict between a professor and a student at the Theakademie in Berlin, wasn't it?

What surprised me then?

All the participants in the conflict carefully approached the subject of the conflict, didn't they?

Would they have so reasonably faced each other if they didn't have the formulation of their own thoughts, suggestions and experiences in question form which created a greater concentration on the subject?

Does concentration focus on the cultivation of tolerance?

Can I say with certainty: what needs to be nurtured in a series of situations is NACQ?

**NECKLACE OF ANSWERS CREATED WITH QUESTIONS!?**

Why are we afraid to pull out? Why don't we like to admit the variability of our own attitudes?

Who are we trying to act out?

How is it possible that responses created in question form are more powerful and last longer than statement clauses?

Aren't questions the real motivators of communication, essentially more effective than the period after the spoken sentence?

What conclusion isn't subject to change?

What is the unanswered answer?

Whose knowledge is eternal?

Can we enter a battle with ourselves using the necklace of questions?

In which situations can we cultivate the culture of questions?

**14.**

**When can questions become answers?**

Isn't it when the question is answered?

Can answering a question with a question slow down a reckless reaction?

Does NACQ work in explosive moments concisely?

Is it used in prevention and therapy?

Is it successful in releasing creativity?

Does this technique sharpen the mind?

Does this method detect and conceal the many possibilities of communication?

Is it a direct technique?

Are we endangering anyone with this?

Do we dare not to give answers?

Do questions hide answers?

Aren't questions the right answers?

How close are we to the flow of this kind of communication?

Are we this flow?

Does this confuse you NACQ: NECKLACE OF ANSWERS CREATED WITH QUESTIONS?

Can you answer a few of these questions for me?

**15.**

**Am I afraid of the fulfillment of my dreams?**

*Life coaching, using combined techniques*



Figure 3.

What can happen to a person if he is happy?

Am I afraid of fulfilling dreams?

Does life draw its own picture?  
Does life need a person to draw it?  
Why am I afraid of a bright and happy picture?  
What does it feel like to be in line with the people around me?  
Can parents who are in constant conflict achieve harmony for their child?  
Can I live now?  
Am I one of those people who are doomed to fail?  
Should my pictures be full of mud?  
Will the mud swallow me?  
Am I choking?  
How should I breathe?

**16.**

**Are there any empty/blank answers?**

**Have you ever heard of an empty/blank question?**

**17.**

**What does it look like when all the horrors that haunt us meet?**<sup>10</sup>

**Fictional dialogue of four characters: Girl, First fear, Second fear, Third fear**

**Setting: in the abdomen of a big whale**

Can you imagine the fears being swallowed by a big whale?

Do you remember the big whale that swallowed Pinocchio?

Isn't Pinocchio a boy – liar?

Do whales swallow liars?

Are your fears liars?

Always tricking you with something?

How do they deceive you with their lies?

The girl, author of the fictitious dialogue, described the characters:

Fear 1 – The fear of using my abilities, the fear of being shown in a good light

Fear 2 – Fear of the future, that is, of an outcome that will be evaluated or of something that isn't under my control, that is, fear of losing control

Fear 3 – Fear of achieving balance and success, harmony, satisfaction and love

Girl: scared and wandering everywhere; maybe that's why she was swallowed by the big whale?

Girl: I will be saved!

Fear 1: What are you delusional? I'm going to eat you first. You're ugly, little girl! We will sacrifice you, let them eat you!

Fear 3: You're stupid!<sup>[SEP]</sup>

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<sup>10</sup> Life-coaching, the end of the first cycle of five meetings devoted to discovering and focusing on issues that threaten free and creative thinking and action.

Fear 2: I'm afraid for all of us because you don't respect one thing that I said!

Fear 1: I think all of this is happening because the Girl is with us!

Girl: What do you have against me?

Fear 1: You're a nobody. The whale ate us so that he doesn't have to look at you.

Girl: That isn't important right now. How are we supposed to get out of this belly bag? Why did you besiege me assuring me that I am of no value? That's not true!

Fear 1: hahahhaa riiight, how about you try to remember how many times you have been self-conscious and not able to relax. Who was always with you? Without me, you are nothing!

Girl: Always with me? Hm.

Fear 2: Come little girl, it is important for you to squat here in the final moments before the fish eats you. You are going to die! They will grind your guts; they're going to cut your head off! Come here and start shaking, put your hands around your neck, it's better for you to suffocate yourself.

Fear 3: This is living proof that there is no luck in life or success, this is...it doesn't, for fair, if you fairly, you go into the intestines of a whale.<sup>[SEP]</sup>

Girl: Shut up!

Fear 2: We're dying, we're all going to die! Oh no! Oh myyy! I still wanted to do a lot more! I still haven't made the strong decision of scaring a lot more people? How do I get out of here now? If I kill the Girl, will that scare the whale? Will the Girl scare the whole world? Will it be a warning to others? Will they admit that I'm the strongest of the fears?

Fear 1: I'm the strongest, isn't that clear?

Girl: Should I swim off now that the three of them are arguing? I'll just wait for the whale to yawn.

The whale yawned.

Girl: Just a little longer, a little longer, hang on, hang on – uff, I swam off while they were arguing. Hooorayyy!

Didn't they even notice me?

## **18.**

### **La macchina dela famiglia [The family car]**

How can you bring a new being into your family?

With this much barking, how can you adopt a dog?

Do children choose it with their hearts?

Do children see it more sincerely?

What are their criteria?

How come they don't go back to the ones they already saw?

They walk around like they are looking for a particular one?

Do they have a sense of their own among all the challenging barking?

Why do the eyes of these dogs reveal sadness?

Loyalty – what is that?

Dad, mom this one is ours! How did they choose her?

What are you going to name her?

Don't you see dad – that's Lola.

**19.**

???

**20.**

### **Information – sources of inspiration**

I have used this technique in various situations since the autumn of 2005. I've worked in large and small, mixed groups, with children, youth, students, adults and the elderly. I've used the technique and expanded it in prevention and therapy, educational processes, re-socialization, upon accepting refugees, as an incentive for innovative processes when working with individuals, as life-coaching, and in teaching at the university as well as a social game during private gatherings. After over a thousand people were faced with this concept, I am confident that answers are to be sought in questions, that is, in a necklace of answers created with questions inspirationally. This technique increases attention, positively influences motivation, opens up new perspectives on the subject that is in focus and it is particularly successful in resolving conflicts, etc.

**21.**

### **Who is the author of this text?**

Does the name his parents gave him, referring to the eternal traveler, suit him?

Nikola Nikša Eterović, born in 1955 in Split; theatrical director, professor at the University of Zadar, creativity coach – in prevention, therapy and innovation, life-coach and author. He lives and works in Berlin and Zadar.

What reality is created by the variety of Eterović's interests, areas of work and research? How real is reality? How to perceive, manage and act in this dramaturgy of life?

Is he searching for answers with a series of creations and the necklace of answers created with questions? Isn't it entirely logical that he thought of this mode of work that has been presented here one day?

NACQ: NECKLACE OF ANSWERS CREATED WITH QUESTIONS?

What else was asked while exploring?

### **3. Conclusions**

If we answer a question with a statement – by using that answer, we open the possibility of a fixed point of view. If we answer a question with a question – by using that answer, we open up the possibilities of reviewing that standpoint, we open new perspectives. Combining answers to questions with a statement – answer and answering with a question are one of the desirable possibilities.

Whenever the question-answer being asked can be argued, we avoid talking about a subject, it is advisable to return to response as we are used to seeing in everyday communication. When opposing viewpoints are confronted with intolerance and aggressive reactions, it is a good idea to point the communication in the other direction, asking a question. By using question-answer conflicting attitudes will be brought to question.

The NACQ dialogue works as a healing process in a conflict of irreconcilable attitudes. NACQ clearly shows the participants in dialogue whether or not their views are irreconcilable or is the problem just a dance of vanity. The NACQ sometimes even scorns the irreconcilable and returns them to spaces of tolerant dialogue. When the biliaryness of the NACQ discussion moves

away from the passion of jealousy, envy, and disrespect, new possibilities, which can benefit both sides, emerge.

This method is not suitable for societies, organizations, individuals, and spaces that do not respect the right of free existence of others. This is a method that *a priori* respects the right of existence of every man, wherever he may be, in any space, on this earth.

*Man is not illegally on Earth.* This method respects the rights of diversity and encourages others to engage in improving their life there where they are.

All neurobiological knowledge clearly confirms that every human being is a unique individual. Every individual shows the strong need to participate and create some kind of community. Each individual differs in his self-realization. Almost all needs of man are oriented towards the micro and macro social community. “Unbearable pain” is not realized in the physical area, instead it is realized in the social area. This has been shown and confirmed in a series of research studies that deal with the phenomenon of pain.

The NACQ dialogue in therapeutic work with families, in which one of the members is mentally ill, appears to be extremely useful in questioning the expected ways of mutual communication. Families are often burdened by one-way communication and sharing roles, leaving the person with disabilities to have very little room for their own individuality. Many families live in the same space, not crossing surfaces like - communication. This is almost always about the pathology of the mechanisms of the family that are uncritically used in the same way. Pathology of family relationships usually results in the illness of one of its members. How can such a family then help their sick member? Often, those who take care of someone are actually the ones who need the care themselves. I almost always meet caregivers who need to be taught the most basic things, like: right to privacy, right to respect someone's limits, “the possibility of rejecting something that has perhaps already been established, the right to have their own secrets, right to have their own lies, right to their own truth. The person who needs these basic needs definitely has the feelings, but often doesn't have the strength to overpower the family mill for himself. Accepting something that is unacceptable only to be at peace in the house – is the most common behavior of the affected person. The feeling of guilt because he/she believes their presence distorts the picture of an “idyllic family” is also a very strong feeling in many. And then there are those that are too prevalent to themselves and to others, dangerously explosive towards themselves, but also towards others.

The NACQ dialogue helps show the mechanisms of pathology. The ability to change a behavior already indicates the ability to create individuality by breaking the learned templates. The relationship of trust that develops in this work encourages all actors to try to act differently, to try to change the condition. The feeling of change is more commonly attributed to diagnosed individuals rather than to their “healthy” family members.

When someone admits to being afraid of something – the fear begins to be questioned and the NACQ method brings very noticeable results.

In creative processes, the NACQ dialogue on its own, that is, with the difficulty of emptiness in the creative process, releases hidden energy. Then it is useful to take that work to another area of expression rather than to another task that seems to stand and contradict the creator. I observed interesting solutions and relatively quick releases of lost inventions when I used poetry, as an individual coach, with some artists, entrepreneurs and architects. When doing so, I occasionally used the NACQ dialogue with a color scheme on the fingertips of the person I was working with. Using water and glass in the work also offered various special possibilities. Experience has shown me that when working with creative people in their business, or with powerful artists in some areas of art, a complete transformation of the materials creates results.

Already at the start of such an approach, it seems as if the other person is generating a big question, then he/she meet the question mark.

This paper opens up a series of questions about an adequate procedure in different situations. Language and speech, creating questions and pronunciation, and articulation of questions are also some of the important topics. More information on this topic can be found in the book *How did the question mark become a question?* which I am in the process of creating. It will be published bilingually, in English and Croatian, in mid-2018.

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